

# Seasonal Updates...

## Flu Clinics:



**Tuesday, Oct. 9<sup>th</sup>, 10 – 11AM**  
West Side Social Club  
4 Harrington Court, Wakefield

**Saturday, Oct. 18<sup>th</sup> 9-10:30**  
Coolidge Middle School  
89 Birch Meadow Drive, Reading

**Tuesday, Oct. 14<sup>th</sup>, 7-8PM**  
Knights of Columbus  
23 West Foster Street, Melrose

**Tuesday, Oct. 21<sup>st</sup>, 10-11AM**  
Wakefield Senior Center  
30 Converse Street, Wakefield

## November 4, 2014 is Election Day!



The polls at the High School will be open 7:00 am – 7:00 pm. Van service is available for assistance getting to and from the Polls. **It is not too early to sign-up for transportation.**

Contact the Pleasant Street Center today to sign-up for a ride.

For information about ballot questions visit the town website at [www.readingma.gov](http://www.readingma.gov) or [www.sec.state.ma.us](http://www.sec.state.ma.us)

## Need a little help staying warm this winter.....



The Fuel Assistance program is starting on November 4, 2014. A representative from the Great Lawrence Community Action Council will be here the 2<sup>nd</sup> Tuesday of the month from November to April.

Applications are by appointment only. Contact Ann Gentile at (781) 942-6608 for a 15 minute appointment.

Caring for a loved one with **Alzheimer's or Dementia** is a difficult journey, but it does not need to be traveled alone...

**Join us for an Evening of Understanding and Caring**

**October 28  
6:00 – 8:00 pm  
The Pleasant Street Center  
49 Pleasant Street  
Reading, MA 01867**

Through the **Virtual Dementia Tour\*** you will witness the frustration and disorientation associated with memory loss. Community-based care resources will also be presented.

For reservations contact the Pleasant Street Center at  
**(781) 942-6794**

*This program is credited to P.K. Beville and Second Wind Dreams.*

## **Alzheimer's Dementia Caregiver Support Group**

Starting in November, join us on the first and third Tuesday of each month at 6pm. We will help with finding ways to cope through new ideas, improve quality of life while providing a caring environment. The group is designed to provide emotional, educational and social support for caregivers. The group will be designed to enable participants too:

- ❖ Share and Explore solutions to problems
- ❖ Listen and talk in a confidential environment
- ❖ Meet others in similar roles
- ❖ Learns ways to cope and decrease stress
- ❖ Learn about community resources

The first meeting is Tuesday, **November 4, 2014 at 6 p.m.** at The Pleasant Street Center, 49 Pleasant Street, Reading. **Please contact Social Worker, Melissa Koster, 781-942-6680 or [mkoster@ci.reading.ma.us](mailto:mkoster@ci.reading.ma.us) to become involved.**